

# Sodexo

## Recipe Carbohydrates List

No.	Description	Portion Size	Carbohydrates (Grams)
850076	APPLE, WHOLE 198 COUNT	EACH	13.95
850473	BAGEL WHOLE WHEAT IW 87776	EACH	38.00
850971	BAGELS MINI CINNAMON CREAM	PKG	41.00
850970	BAGELS MINI STRAWBERRY CREAM	PKG	41.00
850425	BANANAS:150ct	EACH	26.95
850428	BBQ SAUCE 12GM PKT 27810	12 GM PKT	4.00
850209	BBQ SAUCE DISPENSER	.5 OZ	3.75
850067	BEANS BLACK	1/2 CUP	23.00
850243	BEANS GARBANZO	1/2 CUP	20.81
850710	BEANS GREEN COLD 05237	1/2 CUP	4.91
850068	BEANS KIDNEY	1/2 CUP	22.00
850066	BEANS PINTO	1/2 CUP	18.00
850728	BEEF DIPPERS TERIYAKI	4 DIPPERS	6.11
850485	BENEFIT BAR APPLE CIN 40403	EACH 2.5 OZ	48.00
850144	BENEFIT BAR BANANA CHOC 40402	EACH 2.5 OZ	48.00
850872	BENEFIT BAR FRENCH TOAST 40404	EACH 2.5 OZ	47.00
850145	BENEFIT BAR OAT CHOC CHP 40401	EACH 2.5 OZ	47.00
850486	BENEFIT BAR OAT RAISIN 40400	EACH 2.5 OZ	48.00
850518	BREAD BANANA WG IW 6071	EACH 3.4 OZ	44.00
850517	BREAD ZUCCHINI WG IW 6072	EACH 3.4 OZ	43.00
850860	BREAKFAST 4 LUNCH WAFFLES K-8	2 WAF + 2 SAUS	31.92
850191	BROCCOLI FRESH	1/2 CUP	2.92
850732	BURRITO BREAKFAST EGG SAUS	BURRITO	25.84
850584	BURRITO CHICKEN:scratch G 6-8	EACH	44.40
850075	CARROT STICKS	HALF CUP	5.84
850190	CELERY STICKS	1/2 cup	2.21
825924	CEREAL COLD CHEERIOS	1 bowl	20.25
825933	CEREAL COLD CHEERIOS APPLE CIN	1 bowl	23.29
825935	CEREAL COLD CHEX RICE	1 bowl	24.30
850480	CEREAL COLD KASHI BERRY BLOM	1 bowl	23.00
826075	CEREAL COLD KASHI HEART	1 bowl	22.27
826076	CEREAL COLD KASHI SUNSHINE	1 bowl	23.29
826073	CEREAL COLD MINI WHEATS	1 bowl	24.00
850161	CEREAL COLD RAISIN BRAN	BOWL	27.00
826077	CEREAL COLD RICE KRISPIES	1 bowl	23.00
850483	CHEESE STRING IW	EACH	1.00
851102	CHEESEBURGER 68001 GIULIANO K5	EACH	23.50
851113	CHICKEN BURRITO BOWL	SERVING	58.42
850078	CHICKEN NUGGETS:tyson 2155	7 EACH	22.40
850881	CHICKEN ON A BISCUIT BREAKFAST	1 sandwich	19.05
850733	CHICKEN ORANGE POPCORN WG70368	12 EACH	30.92
850502	CINNAMON BUN WG IW 6070	EACH	37.00
850800	CORN CANNED 15483	1/2 CUP	17.00
850240	CORN DOG CHICKEN WG	EACH	30.00
850156	CREAM CHEESE LIGHT 1 OZ	OZ	2.00
850524	CRISPY CHICKEN SAND 70304 GUIL	1 sandwich	43.00
851125	CRISPY CHICKEN SAND GUIL K5	1 sandwich	39.00
850210	DRESSING RANCH LF DISPENSER	.5 OZ	3.34
005795	DRESSING,SALAD,BALSAMIC VINAIG	TBSP	0.00
003201	DRESSING,SALAD,CAESAR	TBSP	0.13
005774	DRESSING,SALAD,ITALIAN LITE	TBSP	0.00
850835	EGG & CHEESE SANDWICH IW 68079	EACH	21.00
003603	FLATB HUMMUS STRING CHEESE VEG	SERVING	20.20
851148	FLATBREAD BBQ CHICKEN shredded	1 Flatbread	35.52
850937	FRENCH TOAST WG	1 slice	36.00
850990	FRUDEL APPLE IW	1 package	35.96
850991	FRUDEL CHERRY IW	1 package	36.95
850061	GRAHAMS GIANT CINN GOLDFISH	PKG	19.00
851199	GRILLED CHEESE 1.5MMA GIULIANO	1 sandwich	26.00
850915	HOT DOG TURKEY 51% WW GIULIANO	EACH	28.00
850541	ITALIAN DUNKERS WG 73338	2 breadsticks	31.00
850071	JICAMA STICKS	HALF CUP	10.10
850962	JUICE APPLE 100% 4 OZ	4 oz cup	13.00

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850961	JUICE ORANGE 100% 4 OZ	4 oz cup	13.00
850211	KETCHUP DISPENSER	.5 OZ	4.17
850506	LOAF MINI APPLE CINNAMON WG IW	EACH 2 OZ	30.00
850507	LOAF MINI BANANA WG IW	EACH 2 OZ	30.00
850508	LOAF MINI BLUEBERRY WG IW	EACH 2 OZ	29.00
850405	MAYONNAISE 9 GM PACKET	PACKET 9 GM	0.00
850208	MAYONNAISE DISPENSER	.5 OZ	0.00
850934	MEXI SLAW	1/2 CUP	14.29
850062	MILK CHOCOLATE FF TRU MOO	HALF PINT	20.00
850063	MILK WHITE 1% BERKELEY	HALF PINT	16.00
825638	MUFFIN APPLE CINNAMON	1 muffin/square	54.29
825279	MUFFIN BANANA BERRY	1 muffin/square	61.92
825639	MUFFIN BLUEBERRY	1 muffin/square	53.22
850202	MUSTARD DISPENSER	.5 OZ	0.00
850560	NACHOS CHEESE & BEANS K-8 5705	EACH	49.17
850891	NACHOS CHEESE SHRD & BEANS K-8	EACH	55.64
850370	ORANGE FRESH WHOLE 138 COUNT	EACH	15.66
850879	PANCAKE WRAP TURKEY BULK 95121	EACH 2.85 OZ	17.00
850679	PARFAIT TROPICAL K-5	1 parfait	55.79
850244	PEAS GREEN	1/2 CUP	10.73
851083	PIZZA BOLD CHEESE 78985	SLICE	43.05
851084	PIZZA BOLD HAWAIIAN	SLICE	45.17
003625	PIZZA BOLD PEP & JAL	SLICE	43.67
003627	PIZZA BOLD PEP OLIVE	SLICE	43.17
851085	PIZZA BOLD PEPPERONI	SLICE	43.17
851086	PIZZA BOLD SAUSAGE	SLICE	44.06
003626	PIZZA BOLD SUPREME	SLICE	44.14
850501	PIZZA BRKFST TURKEY SAUSAGE WG	EACH	26.00
850179	POTATO FRENCH FRIES	1/2 CUP	18.00
851154	PRETZEL SOFT BAKED 30110	EACH	30.00
003624	PROTEIN PACK w/egg	CONTAINER	62.88
851014	PROTEIN PACK w/egg	CONTAINER	62.88
003623	PROTEIN PACK w/sunflower seed	CONTAINER	68.91
851051	PROTEIN PACK w/sunflower seed	CONTAINER	68.91
850686	QUESADILLA CHICKEN K-8	EACH	24.93
850129	RAISINS BOX 1.5 OZ	BOX	31.00
850005	RICE BROWN WG COOKED	1/2 CUP	25.51
850215	ROLL DINNER 1OZ WG ARTISAN	EACH	15.00
850594	SALAD CAESAR BULK SIDE	CUP	1.22
850894	SALAD CHEF:K5	1 salad	4.80
851020	SALAD CHICKEN CAESAR shred K-5	PORTION	3.02
851049	SALAD GARDEN HEARTY:K8 no egg	1 salad	16.41
850773	SALAD GREEN TOSSED BULK SIDE	CUP	2.90
850553	SALAD TACO CHICKEN FAJITA K-8	1 SALAD	39.64
003615	SAND BURGER ATOMIC BEEF:G612	1 burger	30.34
003614	SAND BURGER MSHRM BEEF:G612	1 burger	28.59
850601	SAND COLD AMERICAN SUB GS	EACH	29.50
850600	SAND COLD HAM & CHEDDAR SUB GS	EACH	30.00
850336	SAND COLD TUNA GIULIANOS	1 sandwich	26.63
850597	SAND COLD TURKEY & CHDR SUB GS	EACH	29.00
850335	SAND SB & JELLY GIULIANOS	1 sandwich	45.67
851173	SPAGHETTI & MEATBALLS CHICKEN	2#8 +3 MEATBAL	51.27
850527	SPICY CHICKEN SAND 70314 GIUL	1 sandwich	44.00
851114	TACO BEEF SOFT 1-320410	2 TACOS	29.78
850567	TACO CHICKEN SOFT (2) WG	2 EACH	29.40
850407	TACO SAUCE 9 G PACKET	PACKET	1.00
850500	ULTIMATE BREAKFAST ROUND IW	EACH	44.00
850984	ULTIMATE BREAKFAST SUNBERRY IW	EACH	46.00
850857	WAFFLES WG SQUARE 2.25 GRAIN	2 EACH	31.92
850605	WRAP CHICKEN RANCH K-8	WRAP	28.84
850521	WRAP HAM & CHEESE GK-8	EACH	25.83
850959	WRAP SOUTHWEST:K8	WRAP	35.96
850020	YOGURT CRUSH CUP STRAWBERRY 4OZ	EACH	16.06

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850019	YOGURT CRUSH CUP STRW BAN 4 OZ	EACH	16.06

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